




Improving Access to Evidence-Based Psychological Interventions for Adults Affected by Climate-Related Disasters

CHRISTIAN HAAG KRISTENSEN¹

 <https://orcid.org/0000-0002-8273-2146>

ABSTRACT | Extreme climate events (ECE), such as wildfires and floods, are associated with exposure to primary and secondary stressors, disproportionately affecting vulnerable populations. While most individuals exhibit resilience following exposure to ECE, a significant portion develops symptoms of post-traumatic stress disorder (PTSD), depression, and anxiety, among other psychosocial issues. These effects are exacerbated in low- and middle-income countries due to inadequate mental health infrastructure. This rapid literature review highlights evidence-based psychological interventions for adults exposed to ECE through the proposition of a sequential multilevel intervention framework. Individual and community-based interventions that can be implemented pre-, peri-, and post-ECE are exemplified. Additionally, barriers to access are reviewed, and strategies for improving access to evidence-based interventions are outlined.

Keywords | extreme climate events; psychological interventions; resilience; mental health; natural disasters

Institutions

Submitted. Accepted.

Correspondence:

E-mail:

How to cite this article: Kristensen CH. Improving Access to Evidence-Based Psychological Interventions for Adults Affected by Climate-Related Disasters. Trends Health Sci. 2025;67(1):e20250007.